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<ul style="list-style-type: none">• The Cardiovascular System• The Energy Metabolism• The Endocrine system <p>Topic 3: Exercise Physiology</p> <ul style="list-style-type: none">• The Cardiovascular System• Physiological Responses and Adaptations to Weight Training• Proprioception and Neuromuscular control during exercise• Safe Prescription for Special Populations• The safety of weight training: hemodynamic factors and cardiovascular incidents <p>Topic 4: Musculoskeletal injuries</p> <ul style="list-style-type: none">• Injury Types• Risk factors associated with Weight Training Injuries• Types of Musculoskeletal Injuries in Weight Training• Prevention of Injuries and Recommendations	<ul style="list-style-type: none">• muscle imbalances• Tables of muscle actions• Specific movements and muscles for each joint• Movement-specific joints and muscles <p>Topic 7: Biomechanics foundations of Weight Training</p> <ul style="list-style-type: none">• Kinematics: the description of the movement• Kinetics: Analysis of forces• Applications of biomechanics in weight training• Work and muscle power• Curves• Classification of Weight Training exercises• Mechanical conditions for the development of strength and hypertrophy• Resources used in weight training• Training machines: joint biomechanics and bodybuilding methods <p>Topic 8: Kinesiology and biomechanics applied to Weight Training exercises</p> <ul style="list-style-type: none">• Applied kinesiology• Main bodybuilding exercises	2

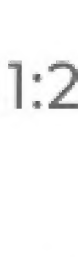



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